



## Quick and Creamy Grape Shake

*Serve this shake for a refreshing mid-morning snack.*

**Makes 4 servings.**

*1 cup per serving.*

**Prep time:** 10 minutes

### Ingredients

- 2 cups green or red seedless grapes
- 2 bananas, peeled and sliced
- 2 oranges, peeled and quartered
- 12-16 ice cubes, crushed

### Preparation

1. Place grapes, bananas, oranges, and ice in a blender container.
2. Blend until smooth. Pour into glasses and serve.

**Nutrition information per serving:** Calories 139, Carbohydrate 36 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

## Vegetable Medley with Salsa Dip

*A quick and tasty snack you can enjoy throughout the day.*

**Makes 4 servings.**

*1 cup vegetables and ½ cup salsa dip per serving.*

**Prep time:** 20 minutes

### Ingredients

- 2 carrots, cut into 3-inch sticks
- 2 celery stalks, cut into 3-inch sticks
- ½ jicama, peeled and cut into 3-inch sticks
- 1 bunch radishes, trimmed

- 6 green onions, trimmed
- 1 cup fat free sour cream
- 1 cup Pico de Gallo (see page 9)

### Preparation

1. Arrange vegetables on a platter.
2. In a small bowl, mix sour cream and Pico de Gallo. Serve salsa dip with vegetables.

**Nutrition information per serving:** Calories 100, Carbohydrate 22 g, Dietary Fiber 6 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 308 mg